

ABSTRACT OF THE DISCLOSURE

A composition and method for facilitating weight loss and aiding in the maintenance of a stable weight in humans, wherein a preferred embodiment of the chemical composition comprises a mixture of psyllium husks generally in an amount of between 72% and 88% by weight of the total chemical composition, natural marine shellfish extract, such as a high density chitosan generally in an amount of between 9% and 11% by weight, acacia generally in an amount of between 4.5% and 5.5% by weight, an amount of apple pectin generally in an amount of between 1.4% and 2.2% by weight of the total chemical composition, ascorbic acid (Vitamin C) generally in an amount of between 1.8% and 2.2% by weight. An excipient may also be included generally in an amount of about 1% by weight of the total chemical composition. The method includes having a person ingest one or more unit dosages of the foregoing chemical composition with generally about eight ounces of water prior to a meal.